

A Silent Retreat Residential Retreat

2008 Website Program Description

Scheduled for November as this time of year reflects the energies of the Earth drawing inward, inviting us to do the same; to reconnect with what is deeply calling to us.

Prerequisite for this program: Gateway Voyage

Hemi-Sync® exercises, group meditations, and other meditative practices will support listening to the quiet, all-powerful voice within.

Saturday and Sunday morning will allow for conversations, the rekindling of friendships, and an orientation to the week's activities. Silence will begin Sunday following lunch and continue through Thursday afternoon. The program will conclude with time to share, ground, and prepare to reenter our lives in new ways.

While there is a structure provided, you are totally free and encouraged to follow your own process wherever it takes you, whether it be an extensive period of journaling, communing in nature, creating a water coloring, walking the labyrinth, sitting by Lake Miranon. As one participant wrote, "I was free to go wherever I needed to go. Silence was the key! The silence allowed us to quiet our minds and just 'be.' It allowed us time to meditate. Even though we were in silence, I could feel the group energy and the group love. You could feel the love everywhere. The group meditations were awesome!"

A recent [independent longitudinal study](#) reported that those who have attended multiple graduate programs have a higher degree of self-efficacy and life satisfaction than the norm and have achieved a state of ego development called self-transforming. Graduate program participants recognize the limitations in any perspective and are more willing to consciously and intentionally grow beyond their own boundaries rather than merely having it happen to them as a function of circumstances.

In the study, graduate program alumni reported an increase in the depth of self-awareness, a degree of experience with inner exploration, personal healing, and trust in a higher self. This is why so many Gateway Voyage graduates choose to return to TMI. They are more highly motivated by curiosity and self-discovery which was seeded by their Gateway Voyage experience and now fuels further exploration and transformation as a way of making meaning and finding joy in their lives.